

February Activities

SERVING
SENIORS

Judith L. Seltz Senior Wellness Center

5257 Mt Etna Dr, San Diego, CA 92117. Contact volunteer@servingseiors.org for more information.

SUN	MON	TUES	WED	THURS	FRI	SAT
						
1	2	3	4 Health Presentation and Blood Pressure Check 1:00 PM	5 Yoga w/ Henry 10:00 AM Bingo 1:30 PM Arts & Crafts 2:30 pm	6	7
8 	9	10 Civic Engagement Group 10:00 AM to 10:30 AM	11 Blood Pressure Check 1:00 PM	12 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	13	14 
15	16 	17 	18 Blood Pressure Check 1:00 PM	19 Yoga w/ Henry 10:00 AM Bingo 1:30 PM	20	21
22	23	24	25 Blood Pressure Check 1:00 PM	26 Yoga w/ Henry 10:00 AM Birthday Bingo 1:30 PM 	27	28

Case Management available by appointment.